Mixed badminton team off to Canadian championships
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Preview on Sexual Awareness Week
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The Niagara News

Vol. 25 No. 12

FREE

Friday, Feb. 24, 1995

NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

Father Louis Hennepin, the first recorded European to view Niagara Falls, with a Native North American guide.

Awards given to clients of college

By KARIN KEIR
Staff Writer

Clients of the Ontario Skills Development Office (OSDO) of Niagara College were honored at the fifth annual Client Recognition Evening on Feb. 20 at the Hospitality and Tourism Centre in Niagara Falls.

Linda Saari, manager of the OSDO, emceed the awards ceremony with help from Niagara College President John Saso and Garth Jackson, Ontario Training Adjustment Board chief executive officer.

"This is a very special evening for me because of my five-year tenure with OSDO," said Saari. "I'm extremely impressed with how well the event is going now.

"The OSDO is not just the creation of new jobs, but maintaining existing employment. Almost every worker is becoming a knowledged worker," she added.

Eight local businesses were recognized with awards of merit at the two-hour ceremony held at the Niagara Falls campus. They included: the Victorian Order of Nurses - Niagara branch of Thorold; the Consortium of Niagara Area Credit Unions from Fort Erie, Welland, St. Catharines and Dunnville; Cyro Canada Inc., Automation Devices Canada Ltd., Niagara Artcraft Woodwork Co. Ltd., the Quality Service Steering Committee of Niagara, all of Niagara Falls; the Archer Truck Services of St. Catharines; and Newville 88 Corporation of Niagara-on-the-Lake.

A new special award of recognition was introduced at this year's ceremony - the Partnership Award. The award is presented to organizations, sector associations or individuals who have formed a strategic partnership with OSDO in the field of human resources development.

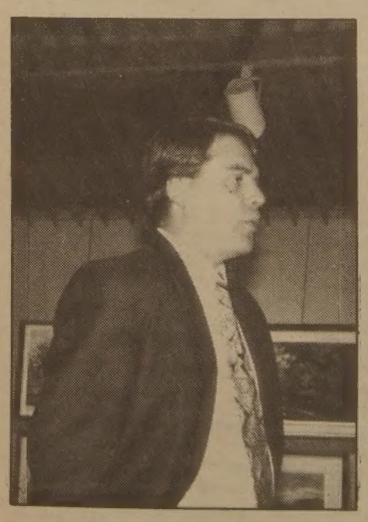
Reg Begin accepted the award for this year's winner, General Motors of Canada Limited.

"It's been the professionalism and enthusiasm from Niagara College that has made the success of this possible," said Begin. "It's in the workplace we become the kind of society we dream for."

A reception prepared by students of the Hospitality and Tourism Centre followed the presentation.

The Niagara Chapter of Victorian Order of Nurses accepts an award from college President John Saso. From left are Rita Talosi, Saso, Rita Klippenstein, Roseann Norton, Colin Boal and Board of Governor's representative Sue Arnold.

Photo by Karin Keir



BRAD WARD

NDP creates 186,000 new jobs

Ontario to lead country

By WILLY NOILES
Staff Writer

The evidence seems clear: the Ontario New Democrats are putting Ontario back to work.

"We've created 186,000 new jobs in the last 11 months," provincial Minister Without Portfolio Brad Ward told people gathered at the Niagara Falls Public Library Feb. 16.

This represents a record for the longest and strongest stretch of full-time jobs on record, the Brantford MPP said. The previous record was 10 months in 1984.

The associate finance minister was in the area to give people direct input into the provincial budget expected in April.

"We think it's important for people...to have direct input into the provincial budget," Ward said. "We think the people of Ontario have the right."

Promising no new taxes in April, the government is projecting "good economic sustained growth for the province of Ontario," Ward said, adding inflation is targeted at less than two per cent for the remainder of the 1990s.

Although "Ontario was impacted the most because of the recession," the government is projecting provincial economic growth of 4.2 per cent in 1995, 4.5 per cent in 1996 and 4.4 per cent in 1997. But, Ward said, financial forecasters are projecting an average of 4.1 per cent growth.

"Ontario's going to lead the rest of the country and the G-7 over the next four years in economic growth," Ward said.

The government is on target for a balanced operating budget in 1998 which will allow it to really pay off the deficit, Ward said. The deficit has been reduced by more than 30 per cent from two years ago, he added.

Job growth is projected at three per cent in 1995 and 2.9 per cent in 1996 which represents about 142,000 new jobs each year, Ward said.

"We're projecting economic sustained growth."

Council adopts 'zero tolerance' policy

By LESLEY WILLIAMS
Staff Writer

On Feb. 20 St. Catharines city councillors voted unanimously to adopt a "zero-tolerance to racism" policy in St. Catharines.

A package of 220 recommendations by participants in the October 1994 Community Dialogue on Racism was presented by anti-racism activist Susan Howard-Azzeh; Myra Quinonez-Alfonso, director, Worldwise Cultural Centre and St. Catharines and District Labor Council President Gabe McNally to St. Catharines Mayor Al Unwin and city councillors. The dialogue was initiated by Howard-Azzeh and the Labor Council in response to racially-motivated arsons in St. Catharines.

The report's priorities include acknowledgement of racism, and provision of education, legislation, community involvement, youth action and networking.

Among specific recommendations are initiating discussion with the Hamilton mayor's Race Relations Committee to explore successful initiatives in Hamilton; increasing support for community members who are targets of racism and giving recognition to Niagara's history as the terminus of the Underground Railroad.

"This is the beginning of a new working relationship between us and city council," said Howard-Azzeh.

The Community Dialogue on Racism Follow-Up Team's mission statement is, "to challenge racism, develop cross-cultural understanding and ethnocultural equity in Niagara."

"Since the Dialogue we've had increased response from targets of racism," said Howard-Azzeh. She stresses the follow-up team is "not against racist individuals, but against their dogma."

The team sent a letter to the Niagara Regional Race Relations Council (N.R.R.R.C.) requesting a public forum to answer questions about about the council's response to racially motivated arsons and how last year's government funding of $35,000 was spent.

A video of the October forum was screened at the council meeting, but technical difficulties permitted the airing of only the program's audio component.

Howard-Azzeh invited city councillors to participate in the next regular meeting of the follow-up team on Tuesday, March 7, 7 p.m., in the Worldwise board room at 125 Welland Ave., St. Catharines. On Thursday, March 16, 7:30 p.m., members of the follow-up team will make a presentation to the Regional Municipality of Niagara.

'Beyond Tolerance ... Racism and Response'

By LESLEY WILLIAMS
Staff Writer

Several Brock University students, faculty members and No Borders Here, a cross-cultural group of St. Catharines high school students, are planning a full day of anti-racism education for Wednesday, March 8 at Brock University in St. Catharines.

"Beyond Tolerance...Racism and Response," a presentation of anti-racism films, will take place from 9:30 a.m. to noon in Brock University's Senate Chambers.

"Beyond Tolerance...A Challenge for Education," a panel discussion, is scheduled for 2:30 p.m. to 5 p.m. in Room 324, Brock University Faculty of Education.

Keynote speaker Dr. Irving Abella, president of the Canadian Jewish Congress, will speak on "Racism, Multiculturalism and the Changing Face of Canadian Society" at the Sean O'Sullivan Theatre, Brock University from 7:30 p.m. to 9 p.m.

Emmy Foss, of the Welland Historical Society, stands with a display of dairy memorabilia at the Heritage Week "Kick-Off Day" Feb. 18 at the Pelham Library.

Photo by Michael Wales

Heritage Week a success

By MICHAEL WALES
Staff Writer

Niagara residents were given the opportunity to explore their history Saturday at the Heritage Week Kickoff Day at the Pelham Public Library.

The week of Feb. 20 has been proclaimed as Heritage Week in Ontario.

February is also Black History Month in the province.

The fifth annual event in Pelham was described by organizers as a success, despite a last-minute cancellation by the Six Nations Reserve dancers, who were to be a main attraction at the event.

The day included 40 displays by area historical organizations, which ranged from demonstrations of butter making to a Bruce Trail re-enactment of Laura Secord's walk.

Those in attendance were also able to see a town crier in period dress, crank telephones and displays on the Underground Railway.

Heritage Week organizer Tony Whelan said he was pleased with the turnout, which included a lot of families and students.

Whelan said he was also happy to see young people finding history "exciting." "I hated history in high school, now I love it," he said.

One of the important aspects of the displays is that they show a "progression" that has happened in technology, said Emmy Foss of the Welland Historical Society, who had a dairy display, showing old milk bottles which were once delivered by horse and buggy.

Whelan also had praise for the Pelham Library Board, who he says have "bent over backwards" at times to accommodate the annual event.

"I hope we can keep the event at the library next year," says Whelan. "It's tradition."

Watch for our St. Patrick's edition coming next week

CAMPUS RADIO NIAGARA COLLEGE

CRNC TOP 40

LW	TW	Title	Artist
1	1	Better Man	Pearl Jam
2	2	When I Come Around	Green Day
6	3	She's A River	Simple Minds
3	4	Don't Tell Me	Van Halen
9	5	Gel	Collective Soul
14	6	Sparks Will Fly	The Rolling Stones
5	7	Greasy Jungle	Tragically Hip
7	8	Truth Untold	The Odds
4	9	Bang and Blame	R.E.M.
11	10	The Man Who Sold The World	Nirvana
8	11	Big Brown Turtle	Junkhouse
12	12	Thank You	Plant and Page
new	13	Bridge	Queensryche
10	14	Unglued	Stone Temple Pilots
13	15	Walk On Water	Aerosmith
20	16	Ballad of Peter Pumpkineater	Crash Test Dummies
22	17	Love Spreads	Stone Roses
21	18	Lightning Crashes	Live
15	19	I'm Not	Sass Jordan
24	20	Gotta Get Away	Offspring
17	21	All Uncovered	The Watchmen
26	22	Corduroy	Pearl Jam
18	23	I Alone	Live
new	24	In Your Time	Bob Seger
new	25	Beggars & Hangers-On	Slash's Snakepit
19	26	A Murder Of One	Counting Crows
23	27	Buddy Holly	Weezer
new	28	The U.S. Of Acne	Kim Mitchell
16	29	Cover Me	Candlebox
32	30	Whip Smart	Liz Phair
31	31	Ode To My Family	The Cranberries
34	32	Today I Hate Everyone	The Killjoys
29	33	Fly From Heaven	Toad The Wet Sprocket
new	34	Alright Guy	Todd Snider
39	35	Pretty Penny	Stone Temple Pilots
new	36	Fire In The Hole	Tragically Hip
new	37	Not For You	Pearl Jam
38	38	Ugly	Sass Jordan
new	39	Upfront With You	Universal Honey
new	40	Hate My Generation	Sloan

College honors award winners

By KAREN FREEMAN
Staff Writer

It was a night to honor some of Niagara College's best.

For the first time, a President's Reception was held to honor award winners at the college's Hospitality and Tourism Centre in Niagara Falls on Feb. 15.

College education is "the most relevant and the most practical," says John Saso, president of Niagara College, in an interview after the ceremony. "Practical experience is the best."

He said this is an invitation to say congratulations and thank you. "Things go much better when it is informal and not stiff."

A welcome was given by Lawrence Naftulin, the chief executive officer of the Niagara College Foundation.

He said the first annual President's Reception was to honor two classes, those who gave and those who received.

Naftulin said he wanted to acknowledge the students who showed determination and "offer my congratulations" to them.

Members of the President's Reception committee (at left) are Lyn Russo, Elaine Grandmaison, Helene Moscato, Martha Gleddie, Beverly Craig, Patty Faragalli, and Carol Boettcher.
Photo by Elizabeth Monsere

Saso gave a few opening remarks. "Thanks folks for making this happen. To see the results, I'm proud of these folks."

Rick Bassett, of St. Catharines, chair of the Niagara College Board of Governors, said this is a chance to meet and mingle with students who earned these awards.

"Best of luck to you as you enter upon your careers," said Naftulin in his closing remarks.

Elaine Grandmaison, a committee member and the associate registrar in charge of administration and financial aid said, this is the "transition year," from June (the original awards presentation) to November 1995.

Starting in November 1995, an annual reception will be held to show an appreciation to all students who have won academic awards and to all the donors and sponsors of the awards.

Lyn Russo, director of marketing and communication and one of the committee members, said the student awards have been conducted for 20 years.

The past format consisted of an hour of presentations from donors and recipients held at the Welland campus cafeteria in June. It was "jam packed" with refreshments held at the end of the presentations.

"People would leave right after the presentations, not meeting face-to-face with each other," said Russo.

Grandmaison said the new format for the event was intended as a celebration with the winners and donors.

"The original presentation didn't quite have the ambiance they had hoped for," she said. "This might be the highlight of the year."

Asked how the reception was being received, Grandmaison said, "It was going quite well. A way to allow the donors and recipients to find each other." The atmosphere is "one of celebration."

Pat Eversden, a member of the AECEO (Association of Early Childhood Educators, Ontario) and co-ordinator of the college's Early Childhood Education program, attended the reception in place of Barb Sockovie, president of AECEO.

Arshia Ali, the recipient of the Early Childhood Community Development Centre Award, said the award was given to a student who showed a lot of enthusiasm and presented themselves in a professional manner.

"I'm the first recipient to get it. This is the first year they have done it," she said. "I was so proud of myself the night I got the award."

Ali said she received a plaque and a certificate of the award, presented to her on Oct. 17, 1994, during The Week of the Child. "They thought it was the best time to give it."

Joe DiMarco, a representative of the Philip Mansfield Award, said the scholarship fund was organized in memory of Philip Mansfield, a student of the Journalism-Print program, by his grandparents. The fund is given to two students with disabilities in the program.

"This is our third year for the fund," said DiMarco.

The recipients of the award were Sue Noble and Michael Greves, second-year Journalism-Print program students.

Sandy Hill, a parent to the recipient Eric Hill, 18, a first-year student in the Electrical Engineering Technology program who received the Canada Scholarships in Technology, said, "We were very excited about the award."

Asked about the reception, she said, "I didn't know what to expect and I didn't know anybody. We weren't quite sure what this was all about. But it's a nice way to bring people together."

(The atmosphere was one of hesitation, confusion, and misconception with a number of recipients and donors in attendance.)

The committee members consisted of Lyn Russo; Elaine Grandmaison; Carol Boettcher, vice-president of student life and human resources; Beverly Craig, in admission and financial aid department; Patty Faragalli, production co-ordinator in marketing and communications; Martha Gleddie, special events co-ordinator of Niagara College foundation; and Helene Moscato, administrative assistant to college president. The food was catered by the Hospitality program with 150 people in attendance.

Premier's award recognizes grad

Keye honored for promotion of First-Nation culture

By GORDON HILL
Staff Writer

Amos Keye, 41, of Brantford, Ont., was one of this year's recipients of the Premier Award honoring outstanding graduates of the college system.

Keye was one of four graduates, out of 59 nominated from the province's 25 colleges, to receive the award. An award was given in four categories of programming; applied arts, business, health sciences and technology.

For his dedication to the promotion and preservation of language and culture of the First Nation's people through education, Keye received the award in the applied arts category.

In addition to being a graduate of the Television and Commercial Arts program at Mohawk College in Hamilton, he is a graduate of Photographic Arts from Ryerson University in Toronto.

As Director of the First Nation Languages Program at the Woodland Cultural Centre in Brantford, Keye is active in promoting the cultural lifestyle of First Nations in southern Ontario.

'. . . I'm just one of the many who should be recognized.'

An accomplished traditional native dancer Keye has won several tournament trophies. In addition to competing , Keye produces and directs lectures on native dance and culture.

This is the first time in the award's three-year history the award was given to a Native Canadian. Keye is a Mohawk from the Six Nations Reservation.

"I'm happy to be the first native to receive the award, so there's a lot of pride from my family, friends and the whole community," Keye said.

"It's just unfortunate we don't have a forum to recognize people in our own community because I'm just one of the many who should be recognized," he added.

Multi-Media program set to start

By MIKE MICHAUD
Staff writer

About 35 people attended an information session on Niagara College's new Interactive Multi-Media program Feb. 16.

The two-term, post-diploma program begins Feb. 27 at the Welland campus.

Instead of conventional classes, the Multi-Media program will be taught in "streams," says Brian Green, interim co-ordinator of the program. Every day will have a different stream, which will cover a different aspect of multi-media production.

Larry Taylor, director of Media and Design, said the college sent questionnaires to many multi-media businesses, asking about job potential in the field. He said the general response was that there is "explosive job potential" in multi-media production.

He said he is "very excited" with the "room full of new toys" made available for the multi-media program. Niagara College purchased eight new computer systems, each equipped with a CD ROM drive and sound blaster, for the program. Green says the hardware is not the strength of the program.

The program's strength lies in the way it is being offered — on an individual level, Green said. At the beginning of the first term, each student is assigned a faculty adviser.

Green said with the help of the advisers, students decide exactly what it is they hope to learn from the program. They then sign a "learning contract," which is used in determining the student's final grade. For example, if a student achieves everything set out in his or her contract, that student receives an "A," he said.

Green said Niagara College has a history of involvement in computer-assisted learning dating to 1983. The Gold Coin Project attempted to introduce computer-assisted learning using 12-inch laser discs. The project was cancelled, however, because at the time, producing multi-media projects was too expensive, he said. With recent advances in computer hardware and software, the price of producing multi-media projects has become more reasonable.

The program is limited to 25 people, and the $1,711.50 tuition fee doesn't include books. Since each student will be learning different things, Green said it would be difficult to come up with a common booklist. He said copies of any books needed will be available in the computer lab.

EDITORIAL PAGE

The Niagara News is a practical lab for the **Journalism-Print** program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 788-3978.

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Education - the key to life

In December of 1992, after five years of drumming with bands, I decided my dream of becoming a "rock star" was not going to happen.

Several combinations of musicians, band names and songs had been tried, but to no avail. It seemed that every time we neared the breaking point we'd enjoy a few minor successes, but they were soon followed by stagnation.

It had been 4 1/2 years since I'd been in school, and going back seemed like a huge undertaking, but I needed a new skill to sell. I said to myself, "Two years from now, I'll either be a college graduate, or I won't be. The choice is up to me." I made the right choice.

I didn't think I wanted to be a journalist (and still don't), but I knew I needed to be exposed to new areas of life, and gain the practical experience a college education can provide.

The Journalism-Print program helped me in many ways, but most importantly in my ability to communicate, which employers often cite as being the number 1 quality they look for in an employee, and in my confidence, the basis for all success.

I'm sure the skills I've gained will enable me to get a job, but perhaps more importantly, education can give you the experience and enhanced faculties necessary to make the educated decisions that will propel you to success in life.

John Sakars

Reverse discrimination

A long time ago in a city not so far away discrimination was born. Now it has reared its ugly head once again. But this time in a different form. It's called reverse discrimination. What at one point was a minor problem to me now has blown up in my face. The fact of life is that now I am a minority. I am facing the same discrimination as all of the past minorities.

I have always been in favor of equal pay for equal work no matter what gender, race or sexual preference. If you can do the job better than me, then you do it.

Unfortunately, the actions to right the wrongs of generations long since dead are performing the same wrong but on a different group. Why must I pay for the wrongs committed by others? Why do companies have to hire only minorities and women who aren't qualified to do the same job? I understand that people can be trained to do a job but sometimes it's not possible. Why should a company not hire a person who can do the job required just because they don't help make the 'quota'?

This kind of equity is useless and should be thrown out. I would rather compete for a job and lose to someone who is better qualified than not even be considered because I'm a white male.

Heath Anderson

New masthead for Niagara News

We are presenting a new masthead for this issue of the Niagara News showcasing Niagara Falls. The figures in the masthead are representative of Father Louie Hennepin, who sent back the first recorded details of Niagara Falls. The native figure is representative of the native people Father Hennepin encountered and traded with for access to the trails which lead him to the Falls.

Niagara College has named Hennepin Hall after the famous explorer and cleric and a plaque with a brief biography can be viewed in the main hall of the Hennepin building.

John Kucan, of Welland, a computer software specialist and Niagara College student, drew the masthead in Coreldraw from a design by Gordon Hill, of Fort Erie, a second-year Journalism-Print student.

Letters to the Editor

Not in my back yard

Dear Editor:

It is sickening to watch people accept the rejection of the proposed toxic-waste treatment plant for Niagara as a victory.

Once again, we can chalk one up for the Not In My Back Yard syndrome. We should not be celebrating, but rather be discouraged that after 14 years of study and $140 million in expenditures, we are back to square one.

There are many problems that still linger for the toxic-waste situation in Ontario.

Waste is still being produced all over the province at an alarming rate. What should companies do with it? Incineration in this province is illegal. The toxic-waste site in Sarnia (Ontario's only one) is of finite size and cannot accept chemicals forever.

The province cites cost as a main reason for the rejection of the treatment plant. However, if there is an accident at an industrial site that involves stored toxic-waste that had no place to go, then a treatment plant will have seemed to be a small price to pay.

Bryan Kruuk
The Centre for Environmental Training

Industry waste

Dear Editor:

How can a government that spends $140 million and takes 14 years to reject a proposal, then turn around and suggest that INDUSTRY should reduce its waste? Just wondering.

John Lierman
Environmental Management

Save our planet

Dear Editor:

The Ontario government decision not to allow the construction of a toxic-waste treatment plant and incinerator has again left us with no way to dispose of our toxic-waste.

As stated, new technology has reduced the generation of toxic-waste, but it has not eliminated it and we still have large quantities in storage.

If we continue to wait for new technology to solve our problem, we will never get rid of our waste. While we wait, nothing is being done.

We are sinking in a sea of toxic waste. Let's get started with available proven methods of disposal and upgrade as new technology becomes available.

Mr. Bob Rae, we must save our planet. START NOW!

Kenneth G. Dawe
Environmental Management

Motives questioned

Dear Editor:

I feel that a few more answers should be given as to why the appeal for the toxic waste treatment plant was shot down so readily.

The appeal should have been given more consideration by the province, especially considering 14 years of planning and $140 million in expenditures (our tax dollars).

With respect to the toxic waste coalition who strongly opposed the site, I certainly question their motives.

What is the problem with the disposal of hazardous waste in a proper and safe manner? What was the criteria used to reject the deal?

The article states that the environmental board ruled against the plan, even though they found that "most aspects of the OWMC's proposal were acceptable."

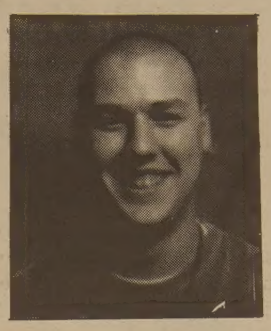
I am sorry, but excuses such as these just don't measure up, especially when they form the basis for rejecting a $140 million project funded by taxpayers' hard-earned money.

Jason Bernard
Environmental Management

Information for Niagara News call Ext. 7750

PERSPECTIVES

Gay rights — give 'em what they want



By BRYAN BERNAT
Staff Writer

Gay rights this, gay rights that, blah blah blah, we want acceptance. I say give 'em what they want.

It doesn't bother me. I wish 90 per cent of all men were homosexual. Why? Because it reduces competition. Being outnumbered wouldn't be so bad. . . I would have no one to impress with a svelte build and chiseled chin. And if I couldn't meet a lovely virtuous young lady, my personal ads would surely draw the attention of one.

"Single fat, ugly, stupid man with zero interests and no money seeks beautiful, slender, six-foot green-eyed Oriental blonde for discreet times and romance."

They would still be beating down my door. How could I lose? After all, I'd be outnumbered 10 to one, a small minority that's largely in demand by the opposite sex.

'I wish 90 per cent of all men were homosexual'

I still don't believe that we (the men) are still only 48 per cent of the population. It makes no sense that most of our hormone-driven advances are turned down by the fairer sex when we should be the ones picking and choosing our potential mates. Something peculiar about the gene pool keeps the heterosexual man on the short end of the stick.

A large ratio of homosexual men would more than make up for the imbalance in the number of sex-driven advances by women.

Think of some of the repercussions of a 90 per cent gay male population. In the deep south. . . the ghostly sound of *Dueling Banjos* and visions of *Deliverance* do justice to them there boys from Hazard County. Violence on television and in the movies would largely be eradicated. Jean-Claude Van Damme would never make another stupid film. He would have to do love scenes (with Arnie S., perhaps?).

Still, I am forced to be the romantic, sweet and accepting individual completely mystified by the opposite sex. Worst of all, I always make a fool of myself when courting women.

A gay world might be easier, but I'll have to settle for an obese Daisy Duke and tasteless movies. Life's a drag (and I don't mean dressing up in women's clothing).

Come clean Niagara

By EVELYN BAUER
Staff Writer

What is happening with the students at Niagara College?

I wrote a column two weeks ago about the garbage situation. I figured information equalled education and things would improve for the cleaners-WRONG!!!

When people are told the truth, why do they have to get angry and retaliate?

I spoke to the cleaners recently and they told me the garbage and mess situation have worsened. The classrooms got messier.

Take the Hamilton Room. There are new carvings on the desks, "F@#$k you cleaners!" What are you trying to prove by these actions? Now, it takes twice as long to clean up Hamilton Room and other classrooms.

Such a sign of immaturity. If the shoe fits, wear it.

Children at the daycare centre learn very early to clean up after themselves. How many of you have forgotten little things such as respect?

Damage caused at the college costs money, time and energy to repair. With shrinking budgets, future students will have fewer resources. Every time property is damaged and stolen, the costs will come out of the operating expenses.

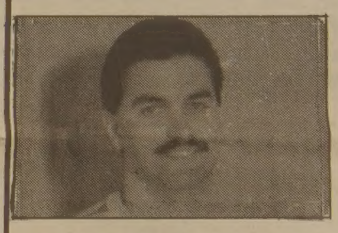
Take the time to put your garbage in a refuse pail. Take pride in Niagara College. Our appearance is important. It is a reflection of everyone here.

There is a saying I learned in public school. "Small things amuse small minds. Smaller the thing, the smaller the mind."

It takes a small person to make a mess, but it takes a bigger person to clean up the mess.

If anyone disagrees with me, please write or see me. I want to know what you have to say on this matter.

'90's man cares



By HEATH ANDERSON
Staff Writer

How is a man judged?

Is it by the number of muscles he has? Is it by how rude or ignorant he can be? What is the real judgment of a man?

The carnal desires of man to prove dominance to the world is ridiculous. Society has created many of the hardships men face.

From the earliest recorded history, man has tried to dominate the world by physical strength. Whatever happened to the idea of bargaining and acting with care and compassion?

The male role in society is changing again. The rules of manhood are changing too. There are fewer women in the world who want the "man of old." The ability to express one's feelings and to solve problems without violence are two positive attributes for the man of the 90s.

Caring, gentleness and understanding are endearing qualities. The sole need for men to be physical has been lost. This does not mean big, strong men are not needed in society, it means the age of male, physical dominance is dead.

The world needs more men to be secure enough in their manhood to help stop the violence and make changes for a better world. The man who can express his emotions and be more caring is the one who will be happier and most likely to get the girl.

Niagara top brass roadblocks student

Journalism isn't about 'making friends'

By MICHAEL GREVES
Staff Writer

To my dismay, in the past five months I have been passed over, passed along and (figuratively) passed away. My attempts to collect information on the Niagara College "establishment" has found me road blocked and (if some administrators and support staff had their way) on the chopping block.

To begin, I tried to find out how well our fund-raising arm, the Niagara Foundation, was doing during September and October last term. What a mistake. I was turned down for comment, told about "making friends" for the college and finally, took charge of the situation and used the provincial Freedom of Information and Protection of Privacy Act to establish the basis of my story.

I was told by my program coordinator that she received an agitated call not 24 hours later from key administrative people regarding my request.

What is their concern? Do they doubt I, also, have Niagara College's best interests at heart?

I am studying to be a journalist. Of all Niagara region-based media, I am the least consequential. Anyone could do what I did.

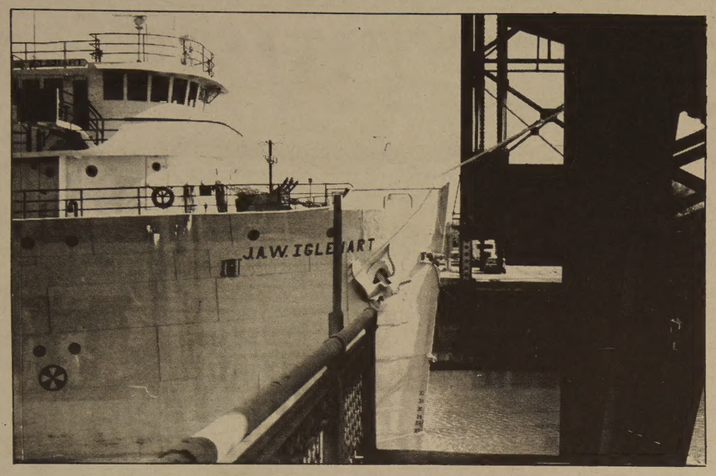
And what of other sources? How would the administration react if I obtained the information some other way?

In my pointed editorial recently on the registrar's office, I made some comments which I would like to clarify.

As a student, my needs should be of first, not second, importance on administration's list. I believe several other students would agree. But when I chose the line-ups and the time taken to serve the students as a target, my attack may have been misdirected.

The support staff can only do so much with what they have. I fully understand their position. Many past summer jobs I have held required twice the amount of staff and technology improvements of about 10 years to the equipment being used.

Thank you for your hard work.



As boats approach, bridges raise, usually cutting off traffic.

By MIKE MICHAUD
Staff writer

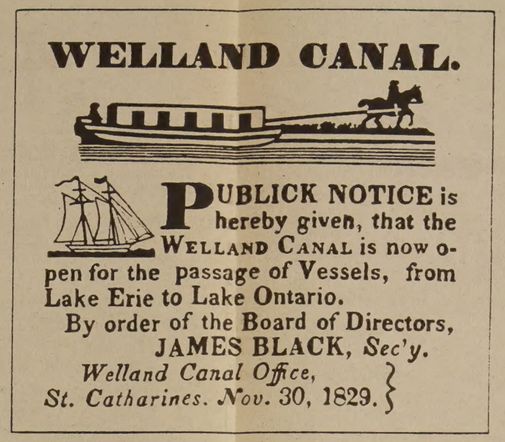
Hidden in the heart of southern Ontario is a crucial link between the industrial centres of North America and the rest of the world. The Welland Canal allows ships to travel from the westernmost points of the Great Lakes system to the Atlantic Ocean.

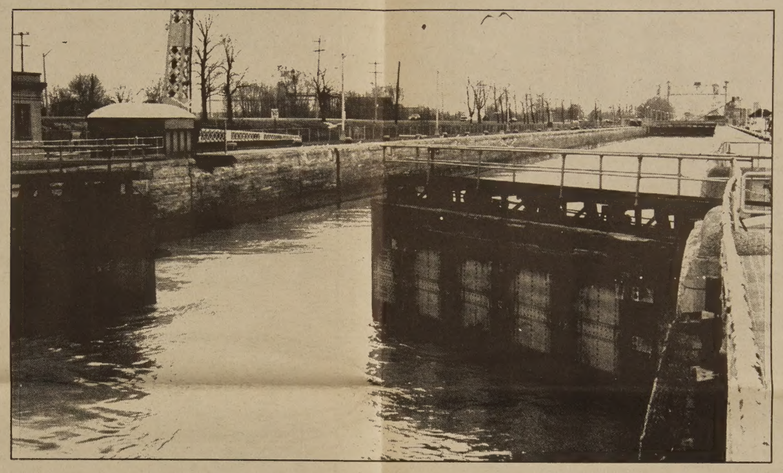
The canal's eight locks raise or lower ships over the Niagara Escarpment, which was at one time impassable by boat.

The first Welland Canal was built by St. Catharines businessman William Hamilton Merritt and was opened in 1829. Over the next 100 years, three larger canals were built to accommodate the increasing size of ships. The fourth canal was opened in 1932, and a bypass in Welland opened in 1973.

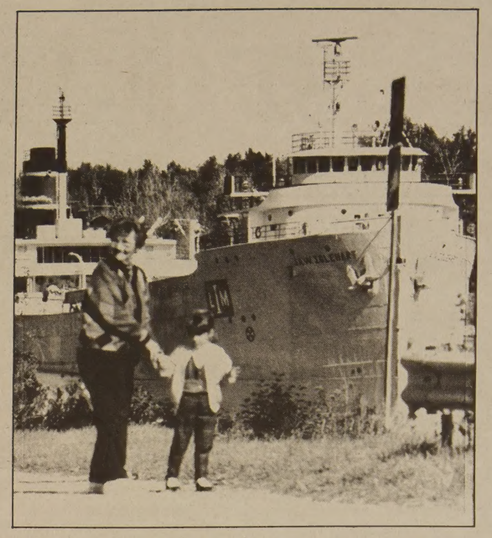
The opening of the canal turned St. Catharines from a small village into a thriving industrial centre and created a cheaper, faster method of transporting goods out of the Mid-west.

All photos by MIKE MICHAUD

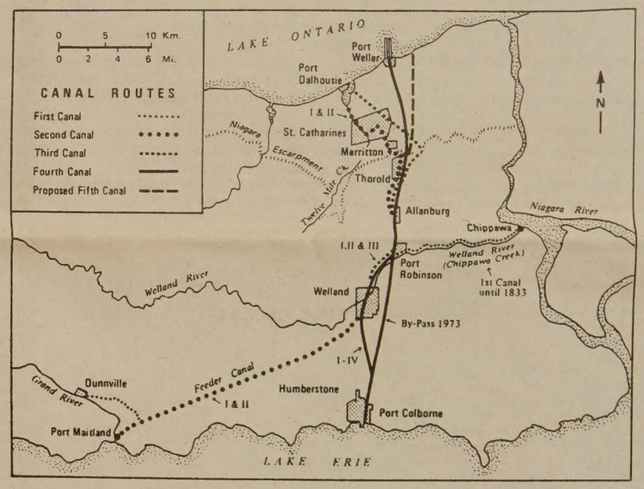

WELLAND CANAL.
PUBLICK NOTICE is hereby given, that the WELLAND CANAL is now open for the passage of Vessels, from Lake Erie to Lake Ontario.
By order of the Board of Directors,
JAMES BLACK, Sec'y.
Welland Canal Office,
St. Catharines. Nov. 30, 1829.

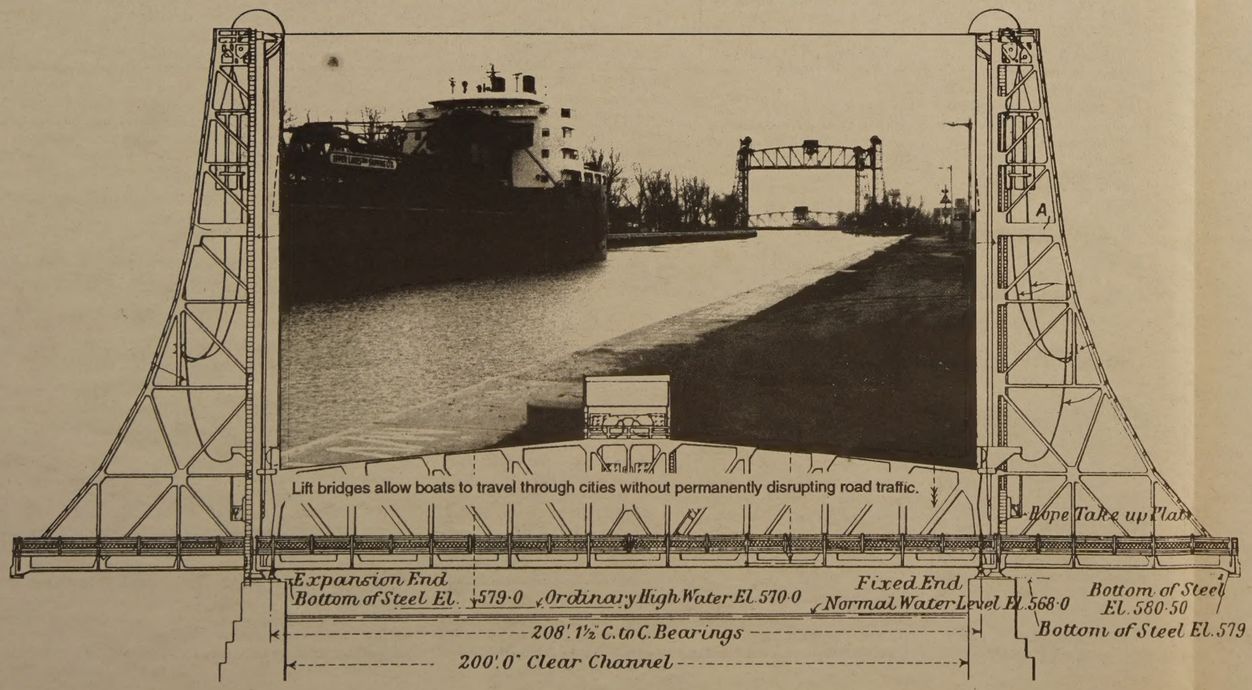


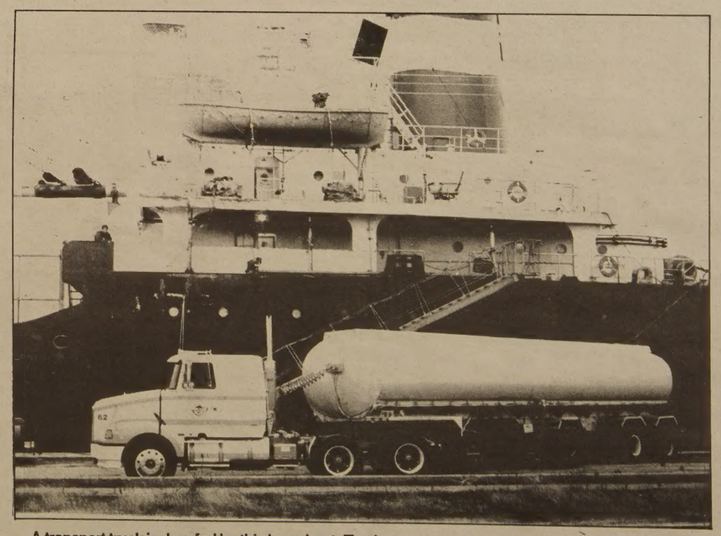
The Welland Canal locks may only be made of steel and wood, but they are the heart of the St. Lawrence Seaway system.



The massive size of boats travelling through the canal is enough to turn heads.




Lift bridges allow boats to travel through cities without permanently disrupting road traffic.
Rope Take up Platform
Expansion End
Bottom of Steel El. 579·0
Ordinary High Water El. 570·0
Fixed End
Normal Water Level El. 568·0
Bottom of Steel El. 580·50
Bottom of Steel El. 579
208'. 1½ C. to C. Bearings
200'. 0" Clear Channel



A transport truck is dwarfed by this huge boat. Trucks are a common method of loading and unloading cargo.

SPORTS

Off to the championships we go

By SHELLEY HOLDEN
Staff Writer

Tomorrow morning Ray Sarkis plans to win.

The Niagara Knights men's volleyball team will face Loyalist College from Belleville at 9:30 a.m. in the Ontario Colleges Athletic Association (OCAA) championships.

"My goal is to win the first game, which will put us in the driver's seat," said Niagara head coach Sarkis, adding the teams in the Belleville tournament are evenly matched.

On Feb. 18, Niagara won three straight sets against Seneca College from North York in a quarter-final match in the Welland gymnasium.

In front of a large group of spectators, the Knights swept the Braves 15-8, 15-12 and 15-8.

"The confidence was there from the guys. They had no second thoughts of losing," said Sarkis.

He said he was "very pleased" with the team because they executed the game plan they practiced week-long.

"We stopped the middle players from Seneca and that was something we knew we had to do."

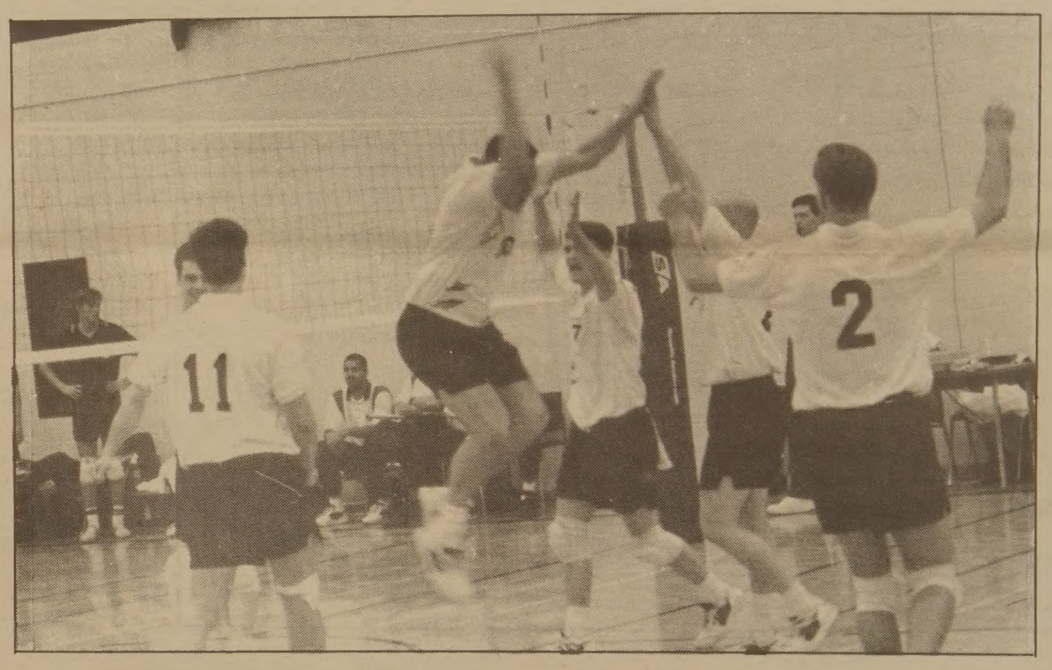
Sarkis said the coach from Seneca was upset with his team and expected to win the match in three straight sets. "I could tell they weren't prepared for the game, which was a terrible mistake on their part."

Blair Cudmore led the Knights with 16 kills, while John Lierman had 13 kills. "Lierman had a very strong game," he said.

Sarkis said Drew Clements, the team's setter, did a good job in running the offence. He also complimented Clements' combination plays, which kept the defence guessing.

After the 9:30 a.m. game, Niagara must play Cambrian College from Sudbury at 5:30 p.m.

Blair Cudmore smashes the ball past a Seneca College player in OCAA quarter-final action.
Photo by Craig Morrison



Brian Dunn jumps for joy as the Niagara players celebrate their victory over Seneca College. Niagara swept Seneca 15-8, 15-12, 15-8 and are going on to the provincials Saturday in Belleville.
Photo by Michael Mucaki

By MICHAEL MUCAKI
Staff Writer

Cindy Emery and Sean Ellis are champs.

Niagara College Knights' mixed badminton team is off to the Canadian Championships in Shawinigan, Que., from March 8 through March 12, after winning the gold medal at the Ontario Colleges Athletic Association (OCAA) championships on Feb. 18 and 19 defeating Corrie Collin and Don Legendre of Canadore College from North Bay in the last game 15-10, 18-17.

"We worked on a lot of things to prepare for the provincials and it paid off," said head coach Dave Carpenter.

"We had a strategy, we didn't show all our moves so other teams couldn't scout our team. I played a big part by scouting other teams like Canadore and passing their weaknesses on to Emery and Ellis.

"Emery played outstanding and Ellis played very smart using technique over power."

Carpenter said Ellis played with a hurt shoulder and ankle, but should be ready for the Canadian championships in two weeks.

Carpenter will not be joining Emery and Ellis in Quebec because of a lack of funding.

Carpenter said it's unfortunate he cannot attend and wishes he could be there to scout other teams.

It comes down to the last game

Despite loss, Knights' chances to make playoffs still alive

By FRANK SERRA
Staff Writer

As the cliche goes, it's come down to the last game.

That's because the Niagara hockey Knights dropped a 7-2 decision to Conestoga College from Kitchener last Saturday night in Welland. A win would have clinched a playoff spot, but as it goes, they are still in the hunt.

The hockey team, with a win tonight, will advance to the playoffs.

The Knights are tied with Sir Sandford Fleming (Lindsay campus) in the standings with 14 points. Both teams have one game remaining and if they are still tied in points, Niagara will advance because they defeated Sir Sandford Fleming during the season.

Niagara head coach Jim Beattie said Saturday's game against Conestoga was an opportunity for the taking.

"There really isn't a lot of excuses," Beattie said. "Their (Conestoga's) place in the standings is pretty much solidified. They're stuck in second place and it seemed they came with the attitude that they were down here to have a little fun. Our guys didn't seem to have the heart to go out and take it."

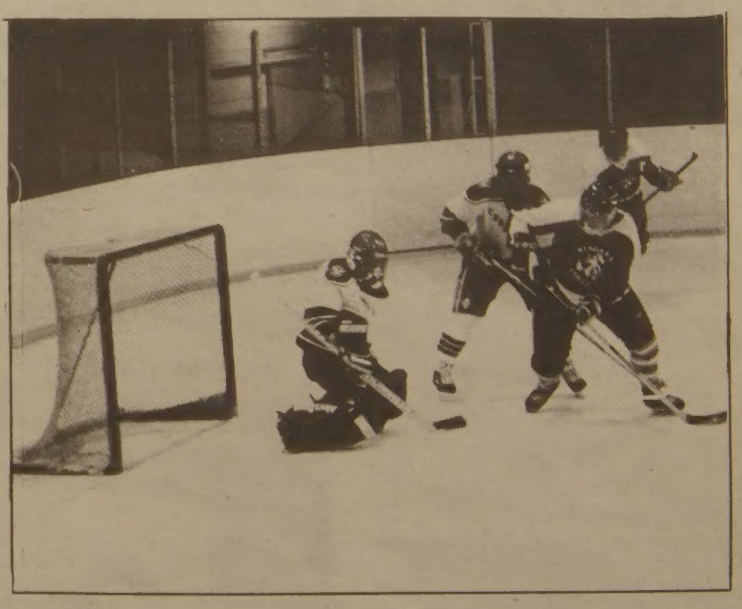
The shots in the game were even at 35, but the play on the ice was much different. Conestoga cashed in on their good scoring chances, whereas, Niagara could not capitalize on some decent opportunities.

The two goals for Niagara came from Dave Crane and Chuck Gunter in the first and second period respectively. The Knights shot blanks in the third period.

On Feb. 16, the Knights were handled easily 9-1 by the league-leading Seneca College Braves from North York.

"Seneca's a good cohesive unit. They're well coached and have three good lines," Beattie said.

He said his team's offense still hasn't clicked and that they have two weeks to rectify their problems.



Niagara puts the pressure on in front of Seneca's net. Seneca's goalie was tough to beat on this night stopping 33 of 35 shots.
Photo by Frank Se..a

Knights lose tournament in Scarborough

By DAVE CRANE
Staff Writer

The Niagara College men's indoor soccer team travelled to Scarborough this past weekend to play an exhibition tournament with four other schools.

The Knights found the competition stiff as they managed only one tie in the four-game round robin.

The Knights were blanked 3-0 against Conestoga College from Kitchener in the opening match. The next two games featured Niagara playing the University of Waterloo and York University from Toronto. Niagara lost both games 6-2 and 4-1 respectively. The final game of the tournament provided some encouragement for the Knights as they managed to tie George Brown College from Toronto 1-1.

"We treated this tournament as a time to get familiar with each other on the turf," said Matt Ireson, 19, a first-year player from St. Catharines. "We had some fun this weekend and now can begin serious preparation for the upcoming regionals."

Scoring for the Knights were Ireson and Joe Nezic with one each against Waterloo, Dennis James against York and Sandro Peruzza against George Brown.

The regional tournament will be held at Conestoga on March 10 and 11.

Niagara's sports round-up

By HEATH ANDERSON
Staff Writer

The Niagara Knights mixed badminton team was undefeated in the qualification tournament held at St. Clair College in Windsor and won the championship.

Niagara's mixed curling team advances to provincial championships because of a lack of competitors.

Niagara's Greg Heyder was named as a tournament most valuable player.

Niagara's badminton team of Cindy Emery and Sean Ellis defeated all competitors in a qualifying tournament for the provincial championships held at Royal Military College in Kingston. Emery and Ellis continued their dominance and won the championships in Kingston on Feb. 18.

The Knights mixed curling team advanced to the provincial finals despite not qualifying for the event. The team goes to the finals due to a lack of competition. Not enough teams were available to advance to the finals, Niagara therefore gets the bye.

The men's volleyball team has been caught in the race for top spot. Niagara now sits in a tie for second place with Humber College in Etobicoke. Both teams are now two games behind first-place Cambrian College from Sudbury. Team scoring leader Blair Cudmore remains in second place and Heyder is in seventh place after being named a tournament MVP in an invitational tournament, which saw Niagara have a poor performance only winning three sets out of a possible 10.

The women's volleyball team is working on ending the season on a high note. The women Knights are in eighth place after a win over George Brown College from Toronto.

On the basketball court, the men's basketball team remains in fifth spot with little hope of moving up in the standings. Niagara's Mike Hurley is in fifth place in the scoring race with 18.9 points a game and Derek Findall has jumped on the leader board with 15.1 points a game.

The women's side of the court, the Niagara Knights are holding on to fourth spot with an upcoming game against fifth place George Brown. Niagara's Diana Dipietro remains on the scoring list with 12 points a game.

The Niagara Knights' men's hockey team is in the middle of a tight race for third place. The Knights are two points behind Cambrian College from Sudbury and Sault College from Sault Ste. Marie. Niagara's captain Dave Crane is clinging to 10th place in scoring race with 29 points.

Women's basketball lose to George Brown

Niagara's Shelley Doncaster #40 takes a difficult shot against George Brown College.

Photo by Craig Morrison

By DAVE CRANE
Staff Writer

Scoring a disappointing 11 points in the entire second half wasn't exactly what coach Todd Stevens had in mind for his women's basketball team heading into the playoffs.

The Niagara Knights were a dismal four for 22 from the charity stripe and missed too many layups costing them dearly as George Brown College from Toronto took two points home with them by winning 58-40.

The loss leaves the Knights' record at 8-9 and unsure of their quarter-final opponent and also where they will have to travel to play it.

"There were some good things to take from this game," said Stevens. "Our defence played extremely well holding them to only 22 second half points, and on offence we did everything we've worked on except making the shots count."

The turning point in the game came midway through the second half with the Knights trailing 33-40. George Brown's Suzette Simpson lost her cool and took two technical fouls. Unfortunately, the Knights missed all four foul shots and then turned the ball over promptly after they were awarded possession at half court.

"When you shoot 18 per cent from the line you can't expect to win," said a disappointed Stevens.

Julie McLaren led the Knights with 16 points, Diana DiPietro scored eight points, Kelly Smith scored six points and Shelley Holden scored five points.

Frank Keltos #40 goes up for a shot against two Lambton College defenders. Keltos helped the Knights set a new OCAA three-point shot record of 16.

Photo by Michael Mucaki

Record breaking Knights

By MICHAEL MUCAKI
Staff Writer

It was a record-breaking night for the Niagara Knights men's basketball team.

The Knights made history as they smashed records and tied another in Ontario College Athletic Association (OCAA) men's basketball action on Feb. 17.

The Knights defeated Lambton College from Sarnia 102-78 in regular OCAA basketball action.

Mike Hurley hit nine three-point shots to tie with Mike Kosavic of Algonquin College of Ottawa, who set the record the same night against Loyalist College from Belleville.

The Knights team connected for 16 three-pointers, erasing the OCAA mark of 14 set previously by Cambrian College from Sudbury, on Feb. 12, 1994.

"It's something positive for the guys to end the season," said coach Randy Conlon.

"That shot (which tied the record) was just a throw and a prayer and it feels good to tie the record," added Hurley.

Hurley led all scorers with 36 points. Frank Keltos netted 12 points, while Derrik Flindall and Adriaan Knaap each had 11 points.

The Knights also got three-point shots from Sergio Vercasi and John Wark, each with two, while Keltos, Flindall and Knaap, each had one.

"It's been a long time since we had a bright spot, the last couple of weeks were tough. Hopefully we can take this to next year," said assistant coach Jim Marando.

"We are out of the playoffs, but it is something positive for the guys to end the year," said Conlon. "With all but one coming back next year, we will be in good shape."

"The team is gelling a lot better than we did at the beginning of the year and next year we should be a strong team," said Knights' Brian Fowler, who had three points.

"In the second half everyone on the team wanted Hurley to get the three-point record, but we weren't aware the team got the record for three's (OCAA record)," said Knights' Adrian Golombek, who had four points.

The Knights, who are out of playoff contention, finished the season yesterday against Sheridan College from Oakville.

Bucketmouth takes the stage

By BRYAN BERNAT
Staff Writer

He said that our hearts would be touched by Christ, but we weren't just touched by him, we were punched by him.

Chris Gasiorek, lead singer for Welland rock band 2,000 A.D., stood stoic amid the bass and pushed out lyrics fit for a southern preacher caught at the world's end.

With a stripped down drum kit, catchy guitar riffs and an army helmet with "Salvation" written across the top, Gasiorek and his crew worked up the crowd of just over 120 people at The Club in St. Catharines on Feb. 16 before headlining band Bucketmouth took the stage.

It's hard to believe that 2,000 A.D. has only been together 1 1/2 months and already released a self-titled cassette.

Bucketmouth was more preoccupied with finding a stolen leather jacket than playing to and with the crowd. They were also plagued by feedback for the first two songs before Frank Agostino, lead singer, rallied the band and broke into a loud power-driven tune that trademarks their sound.

Agostino, one big dude complete with long black hair, a full beard and a booming voice, ensured the crowd wouldn't stand idle for long after doubling his singing efforts with a megaphone and a microphone. Visibly pleased, the crowd thanked him by moshing into the stage.

Bucketmouth said they have few plans in the coming months. After playing together for just over a year, they plan to do a small tour of cities in Ontario this summer. They've also caught radio play on 101.1 The Planet.

Bleeding ears, a few bruises and maybe a little tired, I went away with a new found respect for God and fish.

At the Oscars

By GORDANA PIRKER
Staff Writer

Tom Hanks did it again.

Last week, Oscar nominations were announced and to no one's surprise, the movie, Forrest Gump with 13 nominations. The only other movie in the history of the Oscars to hold the record for most nominations was the 1950 classicAll About Eve.

Although my preference for best movie this year didn't get in, it did receive a nomination for best actress, Jodie Foster, in the movie Nell.

away; it's a movie you must see for yourself. The cinematography was fabulous, capturing the beautiful scenery of the secluded cabin, its surroundings and Nell .

Foster suits the role and comes across strong throughout the film. I could not think of anyone else to replace her for the role. Throughout the movie, the two doctors are disputing what to do with Nell. Olsen wants to take Nell to the university where others can study her under controlled conditions,

Foster produced and starred in the leading role. Raised in a remote cabin in the woods speaking a strange, incomprehensible language, "Nell" becomes the source of great wisdom and an inspiration to a doctor Jerome Lovell, played by Liam Neeson (best known for his portrayal as Osker Schindler in last year's hit, Schindler's List) and psychologist Paula Olsen, played by Natasha Richardson.

I don't want to give too much

while Lovell wants to leave her in her environment and learn how to communicate with her.

Human nature's curiosities bring a more emotional impact in this film.

Good luck to Foster at the Oscars. She is up against some tough contenders, Miranda Richardson for Tom and Vic, Winnona Ryder for Little Women, Susan Sarandon for The Client and Jessica Lange of Blue Sky.

Ontarians fear federal cuts

By WILLY NOILES
Staff Writer

Ontario could be facing further challenges if the federal budget, expected Feb. 28, makes the cuts people are fearing.

The social security reform could mean the prospect of further offloading of unemployment insurance and even less in federal transfers, says Brad Ward, provincial associate finance minister.

Ontario could be looking at a cut of about $700 million in a worst case scenario, the Brantford MPP says.

"We want to see some semblance of fairness to Ontario" in the budget, says Ward in an interview Feb. 16.

Ontario Minister of Education and Training Dave Cooke (Windsor-Riverside MPP) says he hopes the upcoming federal budget "is fair to Ontario."

With the budget still a couple weeks away, Cooke said in an interview Feb. 14, it is too early to speculate on any effects it will have on Ontario's economy.

But Ward, with tongue in cheek, said they have a plan.

"Hammer the Liberals and pass it down."

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SATURDAY
ROCK & ROLL

Foundation raising funds

By MICHAEL GREVES
Staff Writer

Maintaining donors' financial support for Niagara College is part of the fundraising strategy, Lawrence Naftulin said.

Vice-chair and chief executive officer of the Niagara Foundation, Naftulin said, "We don't say 'Thank you, you're wonderful, we'll be back (for) the next capital campaign.' It's 'Can you give us a thousand a year?'"

The foundation is involved in raising $12 million for the Master Plan, the construction of the new campus in Niagara-on-the-Lake and improvements at the Welland campus.

"(We're) always keeping our ears open for anybody interested in giving support and, ultimately, . . . we move into heavy student support.

"Once people start supporting the college . . . you take the ones who supported in a large way and ask if they can maintain a level of support that is smaller but is student-oriented," Naftulin said confidently, "and those who maybe supported the student, you say 'The college has bigger needs . . .'"

"That's where the foundation comes in."

Naftulin, who was the master of ceremonies at the President's Awards Reception on Feb. 15, said he was thinking of early June at convocation time for the announcement of the public fundraising campaign.

Faculty supports SAC

By SUE NOBLE
Staff Writer

Carol Boettcher, Niagara College vice-president of student life and human resources, said she supports the Student Administrative Council's (SAC) effort to get students' opinions about their education.

"I hope whatever SAC decides to do with the results of the polls, is done with good intentions and in good spirit," said Boettcher.

She was referring to the student-run education evaluation forms handed out Jan. 31 at the Welland campus student centre.

She said the idea was good, but cautioned "it will have to be an evolving plan and will take time for a proper and professional evaluation."

Faculty supports any idea that helps students express how they feel about their courses and educational futures, said Boettcher.

"I would be hesitant, however, to support any proposals, that have not been thoroughly and carefully studied," she said.

Saso requested at . . .

By KARIN KEIR
Staff Writer

Despite last month's threats from Niagara College Council chair Tom Fraser that he would no longer show up for meetings if President John Saso didn't make an appearance, February's meeting was held on schedule in the staff dining room of the Mackenzie building on Feb. 15.

"The reason I think Saso should attend these meetings is that he lends more credence to our cause. However, it is not impossible for College Council to achieve things in his absence," said Fraser, reached earlier this week for comment.

"We've got a couple of good sub-committees going with council right now, but it is going to take (council) awhile to get back into the swing of things. Realistically not until next year," he added.

Responding to Fraser's challenge on his absence from College Council, Saso stated: "I respect my friend Tom Fraser's right to his opinion and have told the executive of the College Council why I asked that a vice-president attend in my place for the balance of this year because of the many prior obligations I have until June."

Carol Boettcher, vice-president of student life and human resources, represented Saso at this month's meeting.

Council supports empowerment plan

By KARIN KEIR
Staff Writer

The Student Empowerment Plan (SEP), or system-wide assessment, that Niagara College's Student Administrative Council (SAC) initiated, received College Council support at last Wednesday's meeting held in the staff dining room of the Mackenzie building.

"SEP is a proposed four-part assessment that will gather information and, hopefully, open and strengthen communication between students and schools," Trevor Twining told council members. "These surveys are structured to generate opinions and find the strongest basis of student concerns. For example, being able to transfer credits between institutions."

"What we're hoping to achieve from this is responsible, effective change for all of us. We have to allow people their input," said SAC representative Dawn Swayze, vice-president internal.

The four-part assessment is planned to be conducted in survey form. Organized and clear questions will ask students their opinions on SAC, faculty, administration and the quality of education.

"Our job is to represent students. (SEP) will offer an opportunity to voice opinions so we can get honest feedback from students," said Jason Graham, president of SAC. "College Council support is the best thing that has happened for SEP yet."

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Dealing with death can be confusing

By SUE NOBLE
Staff Writer

We've all heard the old adage 'the only thing you can't avoid is death and taxes.'

While we accept taxes as part of life, accepting death seems to be far more difficult, and for some, nearly impossible.

Disbelief is usually the first thought we have when told of a death, especially sudden death.

Denying it could have happened, insisting there must be a mistake, wanting to wake from a bad dream to discover it was all just a nightmare, these are common feelings when someone we know dies.

Confusion fogs newly-bereaved minds. They can't seem to concentrate or get their thoughts in order.

A person can become obsessed or preoccupied with thoughts of the deceased, trying to find ways to recover them.

They may experience a yearning to somehow keep the dead loved one in the current time and space, even to having hallucinations of the deceased talking or visiting them. This is especially true during the short time after death.

The behaviors frequently associated with normal grief reactions range from sleep and appetite disturbances to absent-mindedness and social withdrawal.

Sleep disturbances might require medical intervention, but usually correct themselves with time, and if not, might indicate a more serious depressive disorder. This behavior should be examined by a professional.

Sometimes sleep disorders can symbolize various fears, including fear of being alone, dreaming or fear of not being able to wake up again.

Appetite disturbances can be in the form of over or under eating, resulting in excessive gain or weight loss. This too usually passes with time.

The newly bereaved might find themselves acting absent-minded, doing things that cause inconvenience or even harm. They may drive or operate equipment and not realize where or what they are doing.

It is not unusual when a loved one dies for a person to want to withdraw from others. They may feel a loss of interest in the outside world or get tired of being constantly reminded of the death by well-meaning friends.

It is common to dream of the deceased.

These dreams can seem normal or be distressing nightmares. They can give an indication of where a person is in the grieving process by signifying guilt and remorse about not being able to protect or prevent a loved one's death.

Dreams can help give the bereaved important insights, permitting them to shed the guilt and face the reality that nothing more could have been done to prevent the death.

Often when the bereaved tries to get rid of all the reminders of the deceased, by giving away the deceased's possessions and having an immediate funeral service, this is an indication the relationship with the deceased was ambivalent (conflicting).

Searching or calling out for the deceased, sighing, a sign of breathlessness, restless energy or overactivity can cause a person to want to run away and hide or a need to stay constantly busy, tightness in the throat and chest, oversensitivity to noise, the feeling that everything seems unreal and dry mouth are all common symptoms of grieving.

Often visiting places or carrying things that remind the survivor of the deceased underlines fears of losing memories of that person.

Treasuring objects once belonging to the deceased is common, but eventually most people come to treasure the good memories of the deceased and are able to let go of the bad feelings.

Stress causes a chemical imbalance in the body.

Studies conducted by Parkes C.M. Bereavement Studies of New York International Universities Press, 1992, 'Grief in adult life' are being conducted to see what type of catecholamines, mood-altering chemicals are produced by the brain.

Tears help the healing process by removing toxic substances from the body which helps re-establish "homeostasis."

Everyone needs some help - don't be afraid to accept it.

The length of time for grieving is different for everyone. If a person feels pressured to get over it, they need to express their feelings.

This is where friends and family are most valuable. It is important to be able to reach out to them when you need them. But they are not mind readers, you must tell them what you need.

No one can replace your loss, so try to enjoy people for who they are.

It's going to be hard at first and the tendency to try replacing the deceased by remarrying or adoption of a child too soon after the death, can lead to other problems.

Sadness is perfectly normal and learning to share sadness, not trying to hide it will help the healing process.

It is easy to neglect yourself because of grief, but DON'T!

You need to eat, sleep, talk and try to go on about the business of living.

Avoid making major life decisions within the first year and don't be afraid to ask for advice from more than one source.

Time, tears, faith, friends, family, food, rest and exercise will help heal the pain of losing someone.

My personal experience of losing my first-born son, both grandparents and then my mother has given me a greater understanding of the way we deal with death.

Although nothing will ever replace that person, you have to go on with your life. It will be difficult but, can be done - it's part of life.

Helping students with problems

By SUE NOBLE
Staff Writer

Students of Niagara College have access to free and confidential counselling for problems dealing with death, finances, education, stress and the emotions these can cause, said Carol Boettcher, vice-president of student life and human resources.

"All of us have problems now and then," she said, even the college staff.

"Most of the time we can handle problems ourselves.

"However, sometimes we don't know what to do and our lives can seem unmanageable," she said.

The Employees Assistance Program (EAP) is a free service for all full-time Niagara College employees and their immediate families.

Its purpose, according to the brochure published by Jacquie Herman Associates Counselling Service, is to help staff and their families enrich the quality of their lives.

Jacquie Herman Counselling Service offers guaranteed confidentiality, "they do not report back to the college other than statistics," said Boettcher.

EAP responds to such needs as: improving family life, divorce/separation/custody, alcohol/drug problems, legal/financial concerns, pre-retirement planning, death, single parenting, job stress management, esteem issues, sexual concerns, and eating disorders.

It is a voluntary service, so only the client can initiate a counselling session and only the client can make an appointment for themselves.

Some of the possible workshop topics the service offers are: stress management, communication skills, effective parenting, retirement planning, accepting change and aging parents.

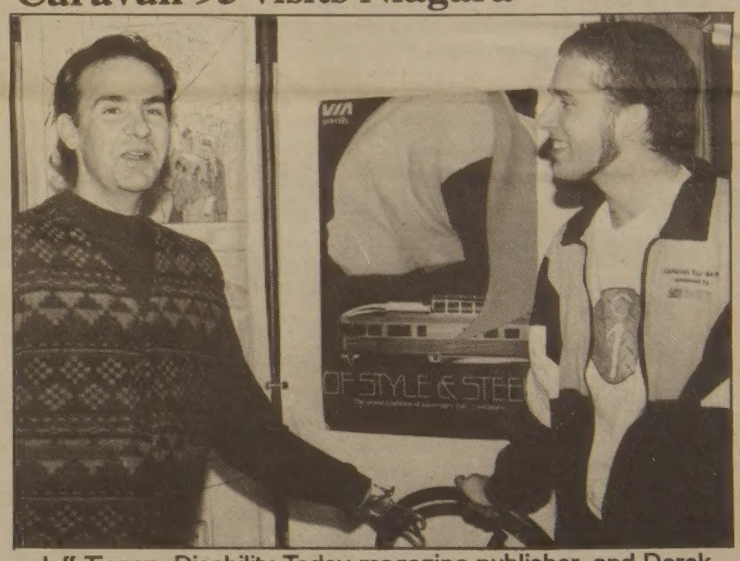
Brigitte Chicki, director of student life and success, has recently been elected to chair this committee and can be contacted at S101 or ext. 7783.

WinterCourse 95 started this week

Blind volleyball was one of the first events to start off the week for WinterCourse, and everyone is having a good time.

Photo by Elizabeth Monsere

Caravan 95 visits Niagara



Jeff Tieson, Disability Today magazine publisher, and Derek Cerovski, show manager, stand beside a display as part of Caravan 95, which showcased the latest high-tech, state-of-the-art appliances and equipment. See story and more photographs in next week's Niagara News.

Photo by Evelyn Bauer

Practise safe sex

By SUE NOBLE
Staff Writer

Sexual Awareness Week is coming to Niagara College on Feb. 27 to March 3.

The Student Administrative Council (SAC) believes in providing educational programming as one of the fundamental roles of student government, said Bren Biggs, SAC's vice-president executive.

"We hope students will benefit from the Sexual Awareness Week we have programmed," she said.

Students will have the opportunity to share ideas, get new information and familiarize themselves with the services and resources available to them in the Niagara Region.

The issues this program will deal with range from health concerns, such as STDs (sexually transmitted diseases), pregnancy, etc., to relationships, abuse and violence, date rape and sexual harassment, Biggs said.

Display booths will be set up throughout Welland's Niagara campus from a variety of public services groups and health services such as Women's Place (Women in Crisis), Nova House (Niagara Women in Crisis), Carsa (Niagara Regional Sexual Assault Centre), Niagara Public Health Service Department, she said.

"Niagara College's satellite campuses, Horticulture in St. Catharines and Hospitality and Tourism Centre (HTC) in Niagara Falls will have the displays made available to them," said Biggs.